



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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## NEWS RELEASE

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### **State Health Department Offers Halloween Safety Tips**

BISMARCK, N.D. – As Halloween approaches, the North Dakota Department of Health is reminding parents and caregivers of the importance of keeping children safe.

“Sometimes we forget that Halloween poses many dangers to children,” said Diana Read, Injury Prevention Program director for the North Dakota Department of Health. “While helping children to have fun, wear the perfect costume, dunk for apples and trick-or-treat, parents should consider a few safety tips to keep their trick-or-treaters safe from injuries.”

The North Dakota Department of Health offers the following safety tips:

- Apply cosmetics rather than a mask that might restrict breathing or obscure vision. If a mask is worn, make sure it fits securely with eyeholes large enough to allow full vision.
- When purchasing costumes, masks, beards and wigs, look for a “Flame Resistant” label. Although this label doesn’t mean that these items will not catch fire, it does mean the items will resist burning and should extinguish quickly once removed from the ignition source.
- Purchase or make costumes that are light and bright enough to be clearly visible to motorists.
  - Costumes should be trimmed with reflective tape to improve visibility at dusk or in the darkness.
  - Children should carry a flashlight to see and to be easily seen.
  - Costumes should be short enough to avoid tripping and falling.

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- Children should wear good, sturdy shoes.
  - Hats and scarves should be tied securely to prevent them from slipping over the children's eyes.
  - Swords, knives and similar accessories should be of soft and flexible material.
- An adult always should accompany young children trick-or-treating.
  - Children should walk – not run – and should use the sidewalk whenever possible, rather than stepping into the street. They should not dart out from between parked cars or run across lawns or yards where ornaments, furniture or clotheslines may present a danger.
  - Children should trick-or-treat only at homes where the residents are known and that have the outside light on as a sign of welcome. They should never enter homes or apartments unless accompanied by an adult.
  - Lighted jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations and other furnishings that could ignite.
  - Children should never eat any treats before an adult has carefully examined them for evidence of tampering.

“With more people giving small toys instead of candy, adults should inspect items for small parts or components that may present a choking hazard to younger children,” Read said. “Taking care to follow each of these simple safety suggestions can help Halloween be a holiday free from pain and injury.”

For more information about Halloween safety, contact Diana Read or Dawn Mayer, North Dakota Department of Health, at 701.328.4536.

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